

FREE – please share with friends & family.

Issue 11, August 2026

When Minutes Matter are you prepared?

FREE emergency trauma training in your region with LifeFlight.

LifeFlight's First Minutes Matter team will deliver a free emergency trauma training workshop designed to help community members respond confidently during medical emergencies while professional help is on the way.

What you learn could one day save a life.

Topics include:

- Burns and bleeding emergencies
- Snake bites
- Choking and anaphylaxis
- Strokes and seizures
- CPR and AEDs
- Emergency equipment
- Personal safety and wellbeing

See flyer on page 9 of this newsletter for more information.

Click on the [link](#) or QR code to register.

BETTER TOGETHER!



Unfinished Vision? Let's Collaborate to Kickstart It

Do ideas keep resurfacing at your group meetings, only to stall from a lack of traction?

No single local organisation can fund every initiative or tackle community isolation alone. That is why the Childers Social Branch of National Seniors Australia champions collaborative partnerships. The branch is actively seeking to team up with other local not-for-profits and community groups. By pooling resources, networks, and volunteer power, organisations can successfully launch vital projects that are impossible to achieve in isolation.

The branch meets at the Isis Club at 10:00 am on the first Thursday of each month. Local groups and organisers are warmly invited to attend, share their visions, or participate as guest speakers.

Together, local organisations can strengthen community spirit and enhance wellbeing. Find out more. Contact the Branch today.

AT A GLANCE

Thursday 6th August 2026

10am - 11.30am

Regular Catch up

Isis Club, 46 Churchill St, Childers

Special Guest Speaker - Dr Fleur Creed, Vice President Genealogical Society of Queensland & Academic Researcher.

Discover more ways to find fulfilling purpose and meaning in retirement.

Scan the QR Code to book

Scan the QR Code to book



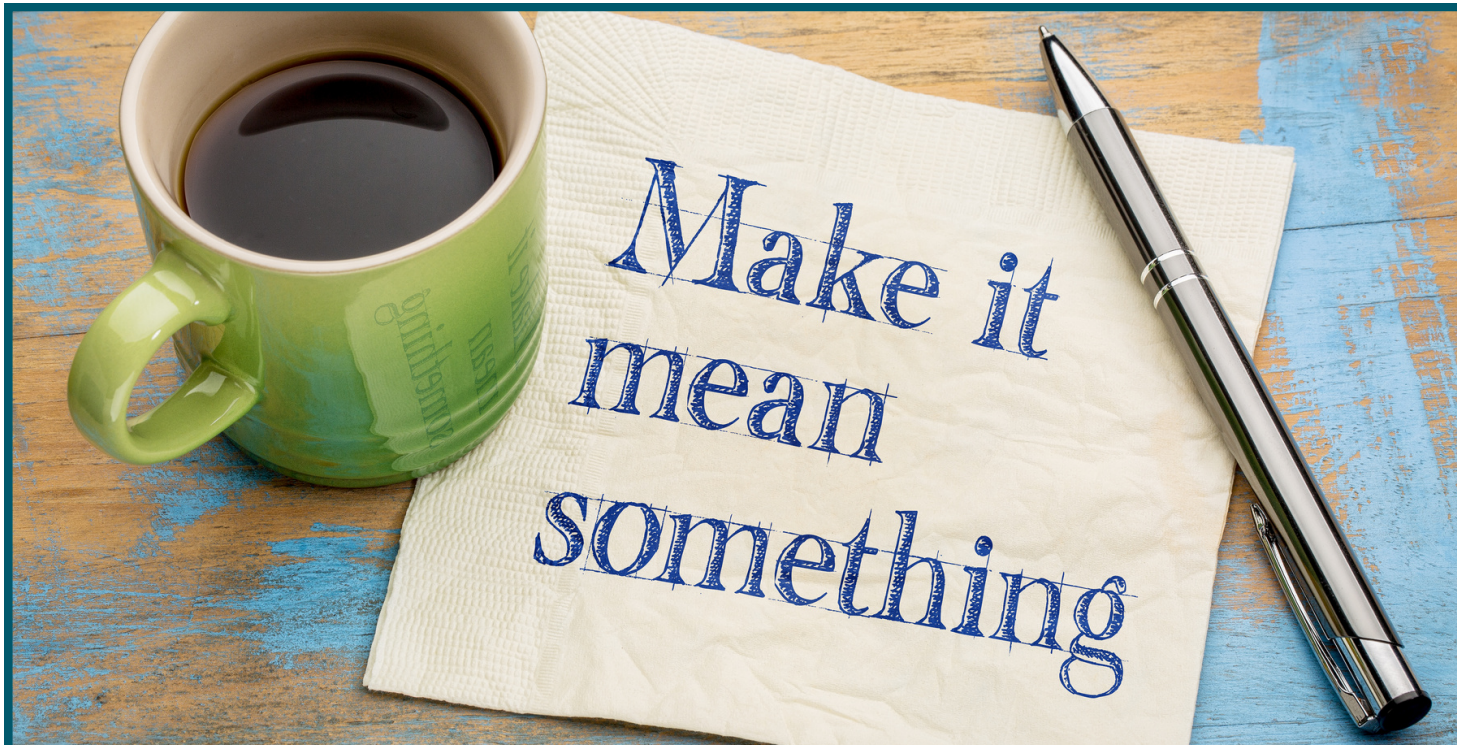
Thursday 20th August 2026

10am-12.30am

Canva for Beginners

Create Personal & Family Projects with Canva

The format will be simple, we'll show you around the site, how to use the tools, find a template to work on and how to set up your FREE account in Canva, then we'll work with you so you get to use all the tools before you leave the workshop and get you started on your own personal project.



AUGUST

Shed the shackles. Retirement is the grand awakening of who you were always meant to be. You earned this life. Let it begin!



August Branch Catch up - Special Guest Speaker - Dr Fleur Creed

Thursday 6th August 2026 - 10am-11.30am
Isis Club, 46 Churchill St, Childers. QLD
RSVP not necessary

Cost: free (buy your own tea/coffee)

Dr Fleur Creed, Vice President Genealogical Society of Queensland & Academic Researcher is our August guest speaker.

Fleur will share on "Transitions to, and in, Retirement", exploring the intentional lifestyle changes that can support a meaningful and fulfilling life in the retirement years, from a recent research project on Communities of Meaning.

Click on this [link](#) to book.



Canva for Beginners Creating Personal & Family Projects with Canva

Thursday 20th August 2026 - 10am - 12.30pm
Isis Club, 46 Churchill St, Childers. QLD
Bookings Essential: Click on QR code to book

Cost: free (buy your own tea/coffee)

What you'll learn:

- Getting Started with Canva
- Basic Editing Skills
- Using Templates
- Working with photos
- Practical Family Projects
- Canva Design Basics
- Time to work on your own project
- How to download, print, share files



Click on this [link](#) to book.



SEPTEMBER & OCTOBER 2026

"Read to grow. Garden to ground. Create to heal."



September Branch Catch up - Special Guest Speakers - Deb Noy, Manager & Deb Tedge Volunteer IDSS, Childers

Thursday 3rd September 2026 - 10am-11.30am
Isis Club, 46 Churchill St, Childers. QLD
RSVP not necessary
Cost: free (buy your own tea/coffee)

Deb & Deb will talk about the flourishing partnership between Integrated Disability Support Services (IDSS) and the Isis District State High School Agriculture Department.

The collaboration is ready to enter its next growth phase, and the community is invited to get involved.



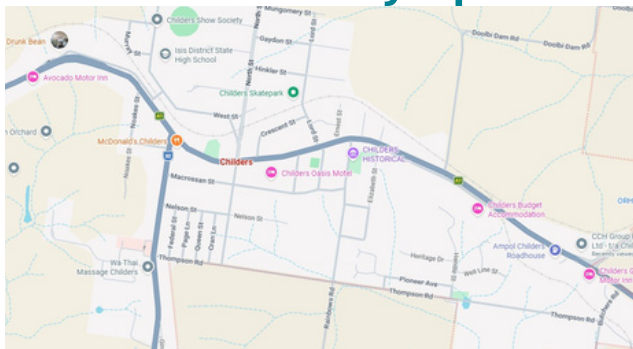
October Branch Meet up - TWO special Guest Speakers - Childers Artspace Gallery Director, Rebecca McDuff and Kim Green, Childers Library Co-ordinator.

Thursday 1st October 2026 - 10am-11.30am
Isis Club, 46 Churchill St, Childers. QLD
RSVP not necessary
Cost: free (buy your own tea/coffee)

Find out all about upcoming art launches, exhibitions, workshops and how you can help promote and get involved with Childers Artspace from Gallery Director, Rebecca McDuff.

Discover what happens at the Childers Library and the many ways seniors can get involved whether to join in on activities, exhibit or hold an event. Childers Library Coordinator, Kim Green will share it all!

Local advocacy update



Reflecting on Festival Traffic: Time to Fix Our Footpaths

Another wonderful Childers Festival has wrapped up, leaving us with a stark reminder of our town's footpath gaps. Over the weekend, thousands of visitors parking on Taylor Street and Thompsons Road and other areas, were forced onto active roads because our walkways simply stop.

While the crowds have gone, this daily risk remains for local seniors especially those navigating mobility scooters or walking frames.

An official Queensland Parliament e-petition is now live, demanding an urgent safety review and priority state funding to close these gaps.

See flyer in this newsletter for details on how to support a safer Childers.

If you are reading a hard copy of this newsletter, use the titles to google search for the articles/events on this page.

Around town in August

Saturday 1st August

Childers Garden & Food Swap

9am-11am 73 CSR Depot Rd. Take along items for swapping, a chair and mug for morning tea, \$3.

Sunday 9th August

Sound Bath Sunday

4pm-5pm Christ Church Hall, 11 McIlwraith St

This beautiful SOUND BATH SUNDAY will be 1 hour of time just for YOU. Presented by the wonderful Cheryl from Yoga Owl. What is a sound bath? See page 5.

Weekly - every Wednesday and every Saturday

The Patchwork Circle

9am-3pm West St Hall - Free

Morning tea supplied - please bring your own lunch.

Monthly - second Wednesday of the month from February to November 2026

Cancer Support Group

2.30pm Isis Club - FREE

Childers Cancer Support group meets for afternoon tea. Anyone touched by cancer is welcome to join the group for help, friendship or just a yarn.

Weekly - every Wednesday

Childers Card Group - learn and play 500

9am-11.30am Childers Neighbourhood Centre

The card group is a new group. Whether you're holding cards for the first time or you're a master builder of the perfect hand, you'll fit right in.

Twice Monthly - second & fourth Thursday

Childers & Surrounds Carers Support Group

10am-11.30am - optional lunch on 4th Thursday

Whether you are a paid or unpaid carer you are welcome to come along to the informal Carers Support Group get together. Very relaxed. A safe space to share.



**Did you
know...?**

...you CAN
feel, move and
live...better!

**Age well...
...Love life!**

niagara
Age Well. Live Better.

Coming in November

<https://nationalseniors.com.au/get-involved/branches/childers-social-branch>

FUTURE EVENTS SNAPSHOT!



An Exciting Line-Up of Local Guest Speakers Confirmed Through to March 2027!

The Childers Branch is built on a simple idea: *communities thrive when people work together*. When local groups, businesses and organisations join forces, the benefits don't just add up—they multiply. Through guest speakers and community partnerships, the Branch helps create opportunities for connection, learning and engagement. Visitors from other branches and regional areas are always welcome.

Confirmed guest speakers through to March 2027 include:

- September: Deb Noy & Deb Tedge (IDSS)
- October: Rebecca McDuff (Artspace) & Kim Green (Library)
- November: Kylie Currey (Niagara Therapy)
- December: Good Cause Santa Claus
- February: Venessa Piron (ADA Aged Care)
- March: Victoria Poulier (Isis District PA&I)

Stay informed via our Facebook group, website newsletter or printed copies available from the Childers Library and the Isis Club.

Every local you meet knows something you don't know but may need to know. Learn from them.

Join the Branch catch ups to hear their stories.

TAKE A MINUTE!

What is a Sound Bath?

A Sound Bath is a form of guided meditation that uses sound to promote deep relaxation, reduce stress & support emotional wellbeing.

The vibrations produced by instruments such as Crystal or Tibetan Singing Bowls resonate with the body's molecules, promoting healing from within.

By shifting brainwaves from active beta to slower alpha or theta waves, they also promote physical and emotional relaxation.

Benefits of attending a Sound Bath:

- Reduce stress and anxiety
- Increase overall wellbeing
- Stimulate immune function
- Lower blood pressure & cortisol levels
- Improve circulation
- Enhanced state of sleep

You can experience it for yourself on Sunday 9th August, from 4pm-5pm at the Christ Church Hall. \$25 per person.

To book, or more information on all things 'Yoga' ~ please follow Yoga Owl Australia Facebook page and you're also welcome to text questions to Cheryl ~ 0431 843 592 or email yogaowlaustralia@gmail.com Namaste



HOME

Connect Newsletter

Sign up to receive Connect - our free weekly email newsletter, delivered straight to your inbox every Friday. Keep up to date with news, health, finance, and lifestyle stories.

Subscribe



<https://nationalseniors.com.au/get-involved/branches/childers-social-branch>

PAST EVENT SNAPSHOT!



July Special Event - Mid Winter Warmer

The Childers Branch hosted a heart warming Midwinter Warmer at the beautiful Paragon Theatre & Espresso Bar in July.

The cosy venue was the perfect setting as attendees settled in for a captivating storytelling excerpt from The House at Pooh Corner, followed by a gentle, restorative meditation.

It was a lovely chance to pause, connect, and share in true community spirit.

Afterwards, everyone enjoyed wandering and shopping through the unique Perfectly Imperfect Collective.

A heartfelt thank you to Charlotte Honour (Art in Heaven) and Cheryl Horrocks (Yoga Owl), who stepped in beautifully when coordinating volunteer Dilys Griffiths was unable to attend.

This truly is what makes Childers special — wonderful people who genuinely step up when needed.

Here is a [link](#) to the event slide show. Enjoy!

Let kindness lift your sparkle.

Regular Catch ups

First Thursday of the month.

10am-11.30am

Isis Club, 46 Churchill St, Childers. QLD

Cost: Free

Advocacy updates, local speaker, community issues and prizes. All welcome.

Buy your own drinks/food

ANNOUNCEMENTS

BRANCH SPECIAL EVENTS

Childers Social Branch is very active around town. A small band of volunteers who work well together, back each other up and generally do what they do for the sheer joy of being part of, and contributing to the fibre of the Childers and surrounds community.

Regular monthly catch ups/meet ups are always held from 10am on the first Thursday of the month at the Isis Club.

Special events are sometimes, but not always held in other locations.

Coming up between now and the end of the year.

Canva for Beginners workshop - 10am 20th August. Learn how to create personal & family projects with Canva.

First Minutes Matter - 10am-2pm 17th September. Life Flight's emergency trauma training gives you practical skills to manage life-threatening events.

Childers Social Branch planning session - 10am 10th September. Would you like to find out more about volunteering with Childers National Seniors?

Bus Trip - Bus trip Co-ordinator Carly Rogasch has been planning another bus trip. Stay tuned for more information soon.

Branch Contact Details

Desley Cowley

Childers Social Branch Volunteer

0419 817 973

E: ChildersNationalSeniors@gmail.com

F: Childers National Seniors Social Branch

W: <https://nationalseniors.com.au/get-involved/branches/childers-social-branch>

<https://nationalseniors.com.au/get-involved/branches/childers-social-branch>

Childers Social Branch

Regular Monthly Catch up
Thursday 6th August, 2026
10am - 11.30am



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"Transitions to, and in,
Retirement", exploring the
intentional lifestyle changes
that can support a
meaningful and fulfilling life
in the retirement years,
from a recent research
project on Communities of
Meaning.*

Meet and hear from Dr Fleur Creed
Vice President, Genealogical Society of Queensland
Academic Researcher

Free event: Buy your own food & drinks

RSVP NOT REQUIRED!

Look forward to seeing you soon!

**PLUS: Find out more about NSA &
Childers Social Branch**

**10am, Thursday, 6th August 2026 at the Isis Club,
46 Churchill St, Childers. QLD**

For more information and to book, please email

ChildersNationalSeniors@gmail.com or phone Desley on 0419 817 973

Scan the QR Code to book



1300 76 50 50
www.nationalseniors.com.au

National Seniors
AUSTRALIA

Canva for Beginners



20th August 2026 10am-12.30pm

A Childers National Seniors Branch Special Event!

CREATING PERSONAL & FAMILY
PROJECTS WITH CANVA

What you'll learn:

Getting Started with Canva

- What is Canva? A brief tour.

Basic Editing Skills

- Select text, fonts, photos, other design elements.

Using Templates

- Choose & make changes to a template.

Working with photos

- Upload, crop, frame, filter images, & remove or change background.

Practical Family Projects

- Create a simple document - weekly meal planner, recipe card, 'to do' list.

Canva Design Basics

- Use white space, font pairing, colour harmony, readability, keeping designs simple.

Time to work on your own project

- Choose a template of your own choice to work on.

How to download, print, share your finished project

- Download formats, printing tips, present mode, saving folders/projects, sharing links.

When:

Thursday 20th August 2026 - 10am - 12.30pm

Where:

Isis Club, 46 Churchill St, Childers Qld 4660

Cost:

Free - Tea & Coffee supplied. Buy your own specialty drinks & food

Bookings: Check the Branch Facebook Page or Web site or click on this [link](#) or the QR code to register.

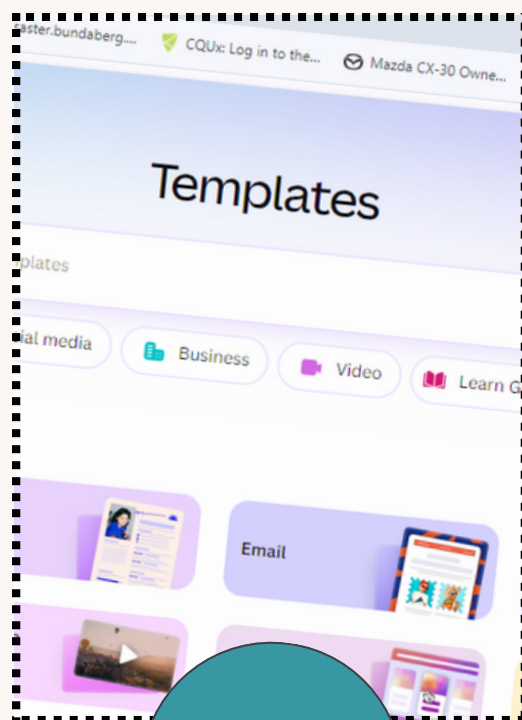
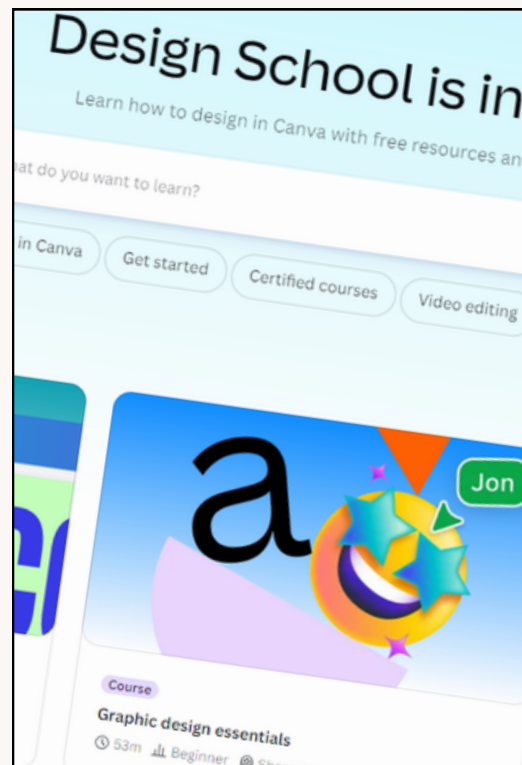
Phone: 0419 817 973

childersnationalseniors@gmail.com

www.nationalseniors.com.au

NSA

This brochure created with Canva.



Scan the QR Code to book

Childers Social Branch

Regular Monthly Catch up
Thursday 3rd September, 2026
10am - 11.30am



Deb & Deb will talk about the flourishing partnership between Integrated Disability Support Services (IDSS) and the Isis District State High School Agriculture Department.

The collaboration is ready to enter its next growth phase, and the community is invited to get involved.

Meet & hear from Deb Noy, Manager & Deb Tedge Volunteer IDSS - Childers

Free event: Buy your own food & drinks

RSVP NOT REQUIRED!

Look forward to seeing you soon!

PLUS: Find out more about NSA & Childers Social Branch
10am, Thursday, 3rd September 2026 at the Isis Club, 46 Churchill St, Childers. QLD

For more information and to book, please email
ChildersNationalSeniors@gmail.com or phone Desley on 0419 817 973

1300 76 50 50
www.nationalseniors.com.au

National Seniors
AUSTRALIA

Scan the QR Code
...or click on this [link](#) to book



When minutes matter, are you prepared?

FREE emergency trauma training in your region with LifeFlight

Survival starts on the ground. It's about knowing what to do while emergency services, like LifeFlight, are on the way. Our emergency trauma training gives you practical skills to manage life-threatening events. Arming yourself with these skills and vital knowledge is the best protection you can offer your loved ones and community.

What you will learn, could save a life.

For more information, call 1800 630 014
or visit firstminutesmatter.org.au

Workshops cover:

- Personal, Road & Aircraft Safety
- Burns
- Bleeding
- Snake Bites
- Choking & Anaphylaxis
- Strokes, Seizures & Febrile Convulsions
- CPR & AEDs
- Emergency Equipment
- Wellbeing



Upcoming FREE in-person workshops:

CHILDERS NATIONAL SENIORS BRANCH
Thursday 17th September, 2026
10am - 2pm
The Isis Club, 46 Churchill Street, Childers

Click on this [link](#) to book

CHILDERS
CHAMBER OF COMMERCE Inc.
Proudly Presents

CHILDERS
Craft Festival

ISIS CULTURAL CENTRE

**SATURDAY
26 SEPTEMBER 2026**

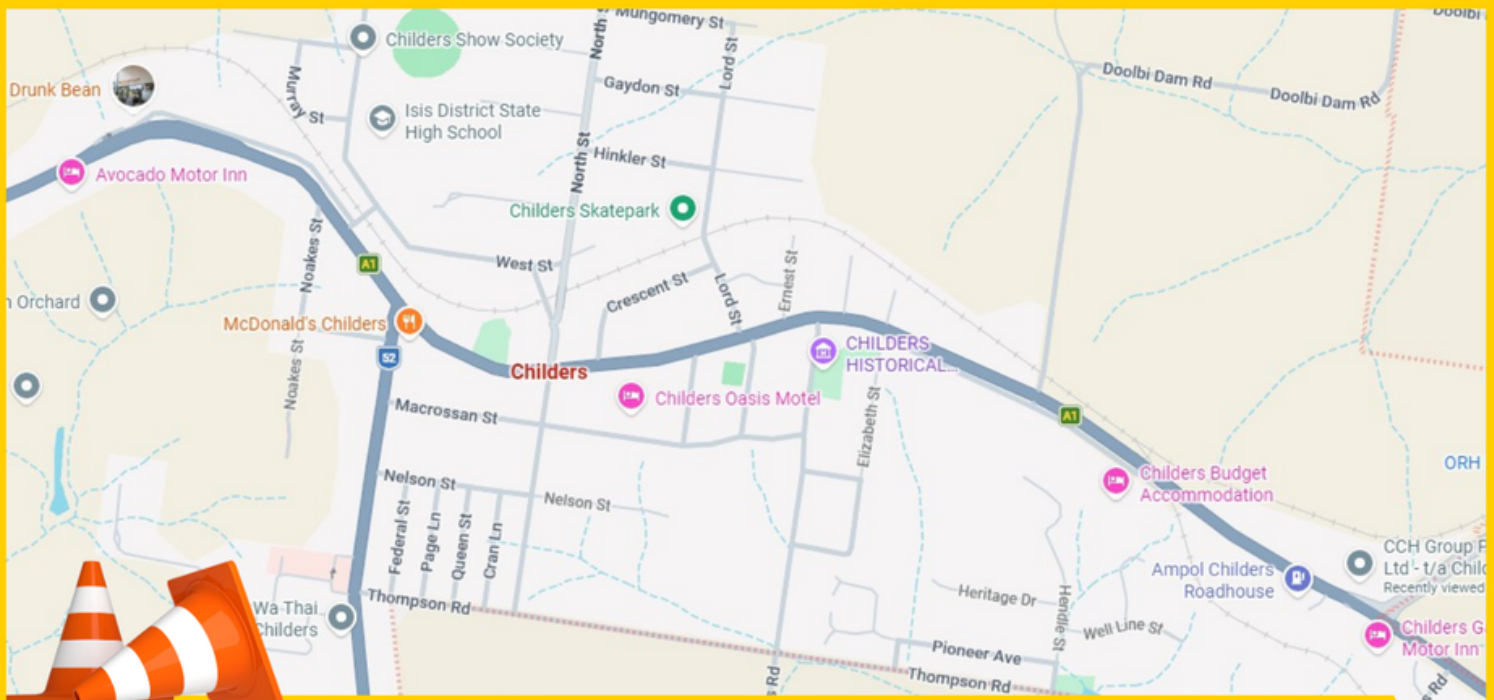
9am to 2pm

*Lots of crafts on
display and for purchase!*

FOR MORE INFORMATION
Karen Keen
0419 641 924

Support Local ♥ Celebrate Creativity ♥ Share the Joy





Walkable Childers: Prioritising Safe and Accessible Footpaths for All Residents

The petition requests the House to:

- undertake a footpath connectivity assessment in Childers;
- prioritise funding for new footpaths and safe crossings in high-risk areas; and
- work collaboratively with Bundaberg Regional Council to deliver continuous, safe pedestrian routes.

*Principal petitioner: Desley Cowley, Childers

It takes less than 60 seconds to sign!

1. Open your phone camera.
2. Scan the QR code below.
3. Complete the official QLD Parliament e-petition.

...or if you don't like using QR codes, simply google 'Walkable Childers' and the e-petition will come up in the top 5 results.



*Note: You must be a Queensland resident to sign. Thank you for protecting our community!

TIRED OF FOOTPATHS THAT SUDDENLY END?

Help Fix Childers' disconnected footpaths!

The Petition draws to the attention of the House that across several residential streets and key approaches to the Childers CBD, there are critical missing footpath links that force pedestrians, including seniors, school children, pram users, and mobility impaired residents, to walk on the road.

These gaps create daily safety hazards and reduce independence for older residents who rely on walking or mobility scooters to access shops, services, and community facilities.

Wide, well-connected footpaths ensure safety and comfort for all ages, promoting regular walking by eliminating trip hazards and traffic dangers while fostering community health, mental wellbeing, and independent mobility.

